Northern Marianas College
CURRICULUM ACTION REQUEST

Effective Semester / Session: Spring 2012

Type of Action: 
- New
- Modification
- Cancellation

Course Alpha and Number: PE 226

Course Title: Intermediate Volleyball

Reason for initiating, revising, or canceling:
This course guide is being modified to update the course guide in general so to meet the required 3 year update.

Lisa A. Lunde 12/12/2011
Proposer Date

Dr. Alfredo De Torres 12/12/2011
Department Chair Date

Barbara Merfalen 12/12/11
Dean of Academic Programs and Services Date
Course: PE 226 Intermediate Volleyball

1. **Department**
   Science, Mathematics, Health, and Athletics

2. **Purpose**
   PE 226 provides a course for students to learn the proper skills, strategies, court etiquette, gamesmanship and score keeping of intermediate volleyball. Emphasis will be placed on intermediate and advanced skill mechanics and development.

3. **Description**
   A. **Required/Recommended Textbook(s) and Related Materials**
      None
   B. **Contact Hours**
      1. Lecture: 30 hours/semester (fitness)
      2. Lab:
      3. Other:
   C. **Credits**
      1. Number: 1
      2. Type: Regular Degree Credits
   D. **Catalogue Course Description**
      This course is designed to give Intermediate Volleyball students the opportunity to improve their volleyball skills. Rules, strategies and skill practice in passing, setting, hitting, serving and blocking are included. The student is introduced to basic offensive and defensive systems of play. The class participates in 6 on 6 and 4 on 4 tournaments. English Placement Level: EN 073/074 (Offered Spring)
   E. **Degree or Certificate Requirements Met by Course**
      A passing grade in this class will fulfill the Physical Education requirement under the general education requirements for a Liberal Arts degree.
   F. **Course Activities and Design**
      Classroom activities will include lectures and video taped programs on volleyball skills, fundamentals and strategies and health related subjects, such as cardiovascular health, nutrition, stretching, proper warm-up and cool down. Practical Application will include the teaching
of various volleyball skills and students practicing these skills in
different drills, lead-up games and court type situations. Emphasis will
be on improving and building onto their basic skills.

4. **Course Prerequisite(s); Concurrent Course Enrollment;**
   **Required English/Mathematics Placement Level(s)**
   Prerequisites: PE 126 or permission from the instructor
   English Placement Level: 073/074
   Mathematics Placement Level: None

5. **Estimated Cost of Course; Instructional Resources Needed**
   Cost to the Student: Tuition for a 1 credit course and the student flat fee.

   Cost to the College: **Instructor's salary (2 credits), cost of volleyballs and
   nets.
   **1 credit for student, however 2 credits for instructor as instructor is
   physically "teaching" 2 hours per week (30 hours per semester) in addition
   to the other responsibilities that go along with teaching a course (office
   hours, preparation, etc.) and per teaching load it is 1 credit for every 15
   hours taught.

   Instructional resources needed for this course include: White board and
   white board markers, TV and VCR, videotaped programs, volleyballs and
   volleyball nets.

6. **Method of Evaluation**
   Students' grades will be based on the regular letter grade system as
described below:

   A: Excellent – grade points: 4.0;
   B: Above average – grade points: 3.0;
   C: Average – grade points: 2.0;
   D: Below average– grade points: 1.0;
   F: Failure – grade points: 0.0.

   NMC's grading and attendance policies will be followed.
Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

1.0 Class Orientation
   1.1 Equipment care and set-up
   1.2 Skills testing
   1.3 Proper warm-up and cool-down

2.0 Review of Volleyball Rules and Terminology

3.0 Skill/Technique Analysis and Drills (covering one individual technique per session)
   3.1 Fundamental posture
   3.2 Serving: topspin and floater
   3.3 Forearm pass
   3.4 Overhand pass
   3.5 Attack
   3.6 Block
   3.7 Individual defense (dive and roll)
   3.8 Serve/receive

4.0 Team Play and Court Position
   4.1 Rotation
   4.2 Team serve/receive
      4.2.1 'W' serve/receive pattern
      4.2.2 Other serve/receive options and tactics
   4.3 4-2 offense
   4.4 Centerback deep defense
   4.5 Multiple attack plays
   4.6 6-2 offense
   4.7 5-1 offense
   4.8 Centerback back-up defense
   4.9 Two-man block
   4.10 Three-man block
8. **Instructional Goals**

This course will introduce students to:

1.0 Key points and common errors of the pass, set, attack, block, and defensive maneuvers;

2.0 Advanced techniques of passing, setting and attack blocking, and defensive maneuvers executed with speed and proficiency;

3.0 Cardiovascular fitness through participation;

4.0 The major offensive systems of play (4-2, 6-2, 5-1);

5.0 The major defensive systems of play;

6.0 The topspin and floater serves performed with correct technique and proficiency;

7.0 3 multiple-attack plays using international volleyball language;

8.0 The considerations of the serve/receive patterns, the offensive systems and defensive systems of play; and

9.0 Evaluating an opponent’s strengths and weaknesses and devising counter strategies.
9. **Student Learning Outcomes**
   Upon successful completion of this course, students will be able to:

   1.0 Identify the key points and common errors of the pass, set, attack, block, and defensive maneuvers;

   2.0 Describe and demonstrate advanced techniques of passing, setting and attack blocking, and defensive maneuvers with speed and proficiency;

   3.0 Acquire and/or improve cardiovascular fitness through participation;

   4.0 Differentiate and compare the major offensive systems of play (4-2, 6-2, 5-1);

   5.0 Compare and contrast the major defensive systems of play;

   6.0 Demonstrate the topspin and floater serves with correct technique and proficiency;

   7.0 Diagram 3 multiple-attack plays using international volleyball language;

   8.0 Analyze the considerations of the serve/receive patterns and the offensive systems and defensive systems of play; and

   9.0 Identify an opponent's strengths and weaknesses and devise counter strategies.

10. **Assessment Measures**
    Assessment of student learning may include, but not be limited to, the following:

    1.0 Various Individual Skills Tests (spiking, setting, serving etc.);

    2.0 Pre and post testing of Cardiovascular Fitness;

    3.0 Participation; and

    4.0 Quizzes and Exams